

COVID-19 Information for Older Children Attending School



Why is school so different now?

You will have heard a lot on the news and from school already about the Coronavirus - also known as Covid-19. This virus has meant that the government has had to make a lot of new rules to keep everyone safe. It has meant that everyone's lives have changed. One of the biggest changes is that most people have been told to stay at home and leave their homes as little as possible.

Some parents do very important jobs that help everyone. They may work in hospitals, essential shops or the emergency services, like police and fire fighters. These people need to go to work so that people are kept safe and have essential supplies, such as food and medicine. Schools have said they will stay open to look after the children of people who do these important jobs. They have also said they will look after children who need to be in school to keep them safe and well. That is why you are going to school whilst most children have been told to stay at home.

When you are at school now, it probably seems very unusual. You will have different teachers and you will have a different daily timetable. The activities may be organised in a new way - which could be fun. The teachers are still there to keep you safe and to help you to learn. There will be time for chatting to other students and to relax together too. You may meet students who are not normally in your class or year group. But you are all there to learn together – it could be a great way to meet new people from school.

At school, it is really important that you wash your hands really well and do this often through the day. Use hand sanitiser if school have it. You need to try to keep a safe distance from other people when you are in school – two metres is best. This is to keep everyone healthy.

When you are not at school, you have to stay home whenever possible. We have all been told to stay at home – as much as we can to stay safe. We can go out for exercise once a day. There are a few rules to this too (as you might guess!):

- We all have to exercise from our homes, and stay near our homes. For example, we cannot go in the car to the countryside for our exercise.
- When you go out to exercise, it can only be with members of your family who live in your home.
- And we must stay 2 metres apart from anyone else we see when out walking, running or cycling, so that the virus cannot spread.

(When we are out we need to avoid unnecessary accidents. Hospitals are already busy enough).

It may feel very strange at school and at home right now. At the moment, the rules have changed for everyone, even adults. You are doing a really important thing by going to school so your parents can keep working.

We need them to be able to do their jobs to help everyone.

Hopefully, it won't be long before we can all get back to normal life.